

Ready, Set, Walk!



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Week 6: Reward Yourself!

Congratulations on reaching Week 6 of Ready, Set, Walk!

You have made some incredible strides and covered many miles. Hopefully you have reached some of your fitness goals and now is a good time to **reward yourself** for your hard work. With all of the miles you have covered it may be time to treat yourself to a *new pair of walking shoes or some new fitness gear. Maybe you would enjoy a trip to the spa for a relaxing massage.* This is a great way to relieve stress and revive your body. Try something in the spirit of your new healthy lifestyle. *Pick up a vegetable steamer, rice cooker or maybe a new cookbook.* There are countless ways to reward yourself, but remember to keep it in line with your overall fitness goals. Celebrating your success will help to keep you motivated and focused.



Now let's get ready for the final 6 weeks!

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Six	20 minutes	30 minutes	20 minutes	20 minutes	25 minutes	20 minutes	30 minutes

Boost the Benefit of your Treats

If you've decided on a food treat for your reward, make it one with extra vitamins, minerals, natural phytochemicals and/or fiber.

Treats with Fruit

- *Cheesecake:* balance this decadent treat with a portion of strawberries, blueberries or cherries.
- *Strawberry Shortcake:* add extra berries instead of whipped cream.
- *Fruit cobblers and crisps:* use a little more fruit than the recipe calls for and make the cobbler or streusel with whole wheat flour for extra fiber.



- *Bowl of ice cream:* top with fruit - peaches, berries, bananas, pineapple - and a drizzle of syrup. You gain antioxidants from the fruit and a little calcium from the ice cream (around 6-10% of your daily calcium).

Chocolate Treats

- *Chocolate milk shake:* make a calcium-filled shake with fat free milk, lowfat vanilla yogurt, low fat ice cream and either chocolate syrup or cocoa powder (both are fat free).
- *Chocolate mousse-flavored yogurt* satisfies that chocolate craving and provides calcium and protein.
- *Dark chocolate-covered* raisins, cherries and blueberries offer nutrients and fiber from the fruit and antioxidants from the dark chocolate.
- *Dark chocolate-covered* almonds and peanuts are packed with antioxidants from the chocolate plus protein, fiber and other disease-fighting components from the nuts.

Summertime Favorite Treat

- *Root beer float:* use diet root beer and low fat vanilla ice cream and a dollop of whipped cream.

Tip for Choosing Ice Cream

Choose low fat ice cream and frozen yogurt with no more than 4 grams of fat in a ½-cup serving.

Visit www.INShapeIndiana.org for more online advice from First Lady Cheri Daniels on how to reward yourself!



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